

WE CLAIM

1. A stress relieving perfume wherein the active component is valerian oil.
2. The stress relieving perfume according to claim 1, wherein fatty acids have been removed from valerian oil.
3. The stress relieving perfume according to claim 1, wherein the perfume comprises more than 0.2 % by weight of valerian oil per the perfume.
4. The stress relieving perfume composition comprising the perfume according to any one of claims 1 to 3.
5. A method of relieving stresses characterized by inhalation of an effective quantity of valerian oil.
6. The method according to claim 5, wherein more than 0.2 % by weight of valerian oils are contained in a perfume.
7. Use of valerian oil as a stress relieving agent.